

Welcome to the Resilience Box®



Your home for everything wellbeing.

The Resilience Box® is where you can strengthen your resilience through personalised online learning modules, engage with leading-edge health and wellbeing content including videos, podcast and factsheets, and make coaching and counselling appointments for you or your immediate family members. It provides you with the tools to navigate challenges and improve your mental health no matter what life throws at you.

Every piece of content falls under the six core categories of wellbeing:



My Life

Strategies for navigating the ups and downs that life throws at you



My Plan

Building positive habits, committing to plans and setting long term goals



My Body

Positive nutrition, exercise and tackling illness



My Mind

Build positive mental health and fine tune your mindset



My Emotions

Get in control of your emotions and how they impact your life



My Relationships

Strategies for building positive relationships and navigating relationship challenges

How do I access the App?

1. Go to the App Store / Google Play and search “ResilienceBox” or scan the QR code
2. Install the App
3. Select “Register”, then “Register through your employer”
4. Enter your work email and then check your work email for your unique verification code
5. Enter the verification code into the App
6. Enter your name and mobile number, then check your text messages for your unique verification code
7. Enter your verification code into the App and select “Complete registration”
8. Complete the “getting started” activity and the initial wellbeing check-in.



How do I register for access to the desktop platform?

1. Go to: <https://app.resiliencebox.com/>
2. Click on “Login/Register” button and then select “Portal Register”
3. Select “Register through your employer”
4. Enter your work email and then check your work email for your unique verification code
5. Enter the verification code
6. Enter your name and mobile number, then check your text messages for your unique verification code
7. Enter your verification code and select “Complete registration”
8. Complete the “getting started” activity and the initial wellbeing check-in.

The App and desktop platform are linked with the same details - so you don't need to register for both. Just login with the same details!

Please note our Privacy Policy, Terms of Use and Privacy Collection Notice documents will be sent to you following registration. Registration details are only taken for Centre for Corporate Health's record keeping purposes and user licensing purposes. No identifiable personal details are provided back to your organisation, in accordance with the Privacy Policy and signed contractual Terms of Use.